Talk with the Doc
Wellness Series

**Mental Health**  
October 4 | 12:00 - 1:00 pm  
Many of us take steps to improve our physical health, but how are you taking care of your mental wellbeing? Board certified psychiatrist **Gerald Maguire, MD** of UCR Health and the UCR School of Medicine discusses ways to support and promote mental health and wellbeing.

**Women’s Health**  
October 18 | 12:00 - 1:00 pm  
A woman’s healthcare needs change at each stage of her life. Join board certified physicians **Kim Tustison, MD** and **Bich Tran, MD** of UCR Health and the UCR School of Medicine as they discuss updated women’s health screening guidelines and the latest in cutting-edge treatment options.

**Diabetes Prevention**  
November 1 | 12:00 - 1:00 pm  
One out of every three adults has prediabetes, a precursor to Type 2 diabetes. Join **Mohammad Kharazmi, MD**, board certified physician with UCR Health and the UCR School of Medicine, as he presents Type 2 diabetes risk factors and ways you can reduce your risk.

**Healthy Aging**  
November 15 | 12:00 - 1:00 pm  
Stay healthy and engaged in your health! **Sahar Eivaz-Mohammadi, MD**, a board certified physician with UCR Health and the UCR School of Medicine, explores issues around aging to help you and others in your care to thrive.

Space is limited - REGISTER TODAY
http://ucrwellnessprogram.eventbrite.com

Lunch will be served. All presentations located at HUB 302 South.  
For questions contact Nicole Vargas (Collins), MPH, RD  
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